



Updated 8/29/2017

### **Youth Basketball League – Alliance Division**

#### **PLAYING RULES**

**Equipment:** Jewelry is prohibited. Religious and medical-alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.

#### **Division: Alliance (Winter Season Only)**

6.01 Unless modified by these rules, the League will follow the rules of the National Federation of State High School Associations (NFHS).

6.02 All players must have their own unique number. This league does not follow the NFHS rules on jersey numbers. For example, jersey number 7 is allowed.

6.03 All divisions will play (2) halves with a 20-minute running clock that stops only on time-outs and whistles in the last 2 minutes of each half.

6.04 Half time will be (2) minutes long.

6.05 Each team will receive (2) time-outs per half. These time-outs do not carry over into the next half or an overtime period.

6.06 There will be (1) overtime period lasting (3) minutes long. The clock will run for the first (1) minute and start/stop during the last (2) minutes. If the game is still tied at the end of this overtime period, the game will end in a tie. There will be multiple overtime periods during playoffs to determine a winner. Teams receive (1) overtime timeout.

6.07 Free Throws: Teams will shoot the one-and-one bonus free throw on the 10th foul. There is no double bonus. There is no bonus at the 7th foul (traditional basketball rule). Players are allowed to rebound after the shooter releases the basketball.

6.08 Backcourt Defense: Backcourt defense will be allowed unless a team is ahead by (20) or more points. The second infraction will result in a technical foul charged against the team.

6.09 The home team wears white and provides the game ball.

6.10 A player who is bleeding or who has blood on his/her uniform shall be prohibited from participating further in the game until appropriate treatment can be administered. An athlete shall not continue competition unless the bleeding is controlled and the wound covered. An athlete is required to remove, change or cover any article of clothing that has blood on it.

6.11 All playing rules are to be followed during all Regular Season games and all Playoff games.